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HOUSEKEEPERS' CHAT

Thursday, October 6, 1932

(FOR BROADCAST USE ONLY)

Subject: "Home Lamps and Lighting." Information in part from extension specialists in the States, approved by the Bureau of Home Economics, U.S.D.A.

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When long cold evenings set in, a comfortable living room adds a lot to family happiness. Comfortable chairs with a handy table nearby to hold books or magazines, Father's pipe or Mother's sewing box, and, most important of all, comfortable lights, enough to supply good illumination for every member of the family who wants to read or work in the evening.

Of all the ways to economize I know of, none is more valuable than saving eyesight. If the children study, do "home work," read or even draw pictures in the evening, they need good light to save their eyes. The same applies to the grown-ups in the family.

When you're planning the lighting of your living room, plan first to save eyesight. So avoid those two enemies of eye comfort--gloom and glare. A bright, exposed bulb, for example, can cause a glare that hurts the eyes. To prevent this, use lamp shades that conceal the bulb, or use frosted bulbs or indirect lighting.

To prevent gloom or shadows, have enough lights of the right kind to suit the needs of the people using the room. A diffused light, is easy on the eyes if you're not doing close work. For a diffused light use an overhead fixture or one which directs the light toward the ceiling. If you need concentrated light for close eye work, a lamp that directs the light downward is the thing.

I remember a miserable evening I once spent calling on some relatives. The room where we sat had just one central hanging light fixture. No matter how I turned and twisted that bright point of light was always in my eyes.

Side or bracket lights need shades to conceal the bulbs so that the light won't shine into the eyes of anyone seated in the room. Or you can use frosted bulbs on bracket lights. Amber ones gives the softest most flattering glow.

The house furnishing specialists aren't being extravagant when they suggest plenty of lamps for everybody's use in the family living room. Good reading lamps save the eyes, as we said, and lamps don't need to be expensive. Many clever women I know have made all their own lamps. Any pretty pottery jars, bowls or even bottles around the house will make the base of the lamp. Then you can buy fixtures that will clamp on the top of the pottery or glass base to hold the bulb. As for the shades, here again make your own.

Paper shades are in good taste with almost any kind of furnishings; they're very attractive, serviceable and easy to make. Cut them out of heavy

wrapping paper. Then rub the paper with linseed oil and turpentine to produce a parchment effect. If you want to color the shade, use a bit of cotton dipped in oil paint. Rub the paint over the paper after the linseed oil treatment.

What about colors for lampshades? In general, the specialists say, choose colors that will give a cheerful, warm, soft light. So, on the inside of the shade, use very light colors, cream or yellow white. On the outside, use neutral soft tones that will harmonize with the color scheme of the room.

And, by the way, colors like blue, green or grey are all right on the base of the lamp but they won't do for shades. Such cold colors generally give off a light that is cold and unpleasant.

When you have painted your lamp shade, you can preserve the color with a coat of clear shellac put on over the paint.

By the way, for general lighting better use lamps with open top shades. A shade with its top covered keeps the light from escaping upward.

Have you ever noticed that the most useful and comfortable lighting is also the most decorative? Thick heavy shades that give off too little light, fancy shades that annoy the eyes with tassels and fringes, glaring lights and so on are never so attractive as simple, useful, comfortable lights. Our standards of beauty today include simple furnishings. I guess that's why most of us find simple lamps and fixtures more attractive than ornate and fancy ones; and why we like to live with conservative designs in lamps rather than novelties that grow tiresome.

Choosing lamps always seems to me something like choosing hats. The effect is what counts most, rather than the article itself. A hat that looks just right in the store window may look just dreadful when you get it on. A lamp that is pretty in the shop may not suit your room at all. So try your lamp in the room where you're going to use it before you decide on it.

A successful interior decorator told me once that he always thought of lamps in a room like the jewelry with a costume--both give interest, variety and a dash of color. And lamps, he said, like jewels, ought to fit into their surroundings and not be too prominent.

That's all about lamps. Let's answer a question or two now.

Here's one about paint. How can I keep part of a can of paint from getting thick after it is opened? I should like to save this paint for later use.

Answer. Pour a little turpentine over the top of the paint and put the top of the can on. When you are ready to paint again, you will find that a slight film has formed over the paint. Take this off. Then you can begin painting again without the trouble of thinning and endless stirring.

Here's a letter from a lady who's having trouble knowing where to hang her new bedroom mirror. I'll answer her by repeating what the specialists have

given me as general rules for hanging mirrors.

A dressing mirror will show you your face as it looks to others only when the light is full on your face, not on the mirror. Light on the mirror would be desirable if you wanted the glass to reflect light, but when you want it to reflect your face, the condition is reversed.

So, the best place for a dressing mirror is between two windows so that, with the shades, up, the light falls full on your face. At night arrange your lamps to gain the same advantage. Use wall lamps on either side of the mirror or dressing table lamps set in the same position at the ends of the dressing table.

What's on the program for tomorrow? We're going to have a chat on breakfasts for the family with menus and good breakfast recipes.

Wait a minute. I almost forgot that lady who wanted a recipe for sour cream pie. Nine ingredients in sour cream pie:

1 cup sugar.	1 cup sour cream.
1/2 teaspoon cinnamon.	1/8 teaspoon salt.
1/2 teaspoon cloves.	2 tablespoons vinegar.
2 eggs.	Pastry.
1 cup seedless raisins.	

I'll repeat those. (Repeat.)

Mix the sugar and spices, add to the beaten eggs with the raisins, cream, salt, and vinegar, and beat well. Pour the mixture into a deep, pastry-lined pie pan, add the top sheet of dough, and bake in a moderate oven (350°F.) until the crust is golden brown.

